



# COBB COUNTY AQUATICS LIFE GUARDING CLASSES

American Red Cross

## 2013

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### Lifeguarding (\$200.00)

*(a course fee of \$165.00 is due when you register for the class –payable to CCPRCAD)*

*(a \$35.00 fee must be paid directly to the American Red Cross. Details will be given on how to make this final payment during class)*

*This course is designed to train participants to be safe and effective professional lifeguards. After successful completion of this course, participants will be certified in the following: Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer (C-PRO). The Lifeguarding / First Aid certification is and the CPR/AED certification are valid for 2 years. The following list contains the Lifeguarding courses offered at Cobb County Aquatic Centers This Spring)*

<b>CAC:</b> Session II	April 15 — May 3	Mon/Tues/Fri	6:00 - 9:30 p.m.	(BC )
Session III	May 6— May 23	Mon/Tue/Fri	6:00 - 9:30 p.m.	(BC )
<b>MVAC:</b> Session II	April 15 — May 1	Mon/Wed/Thurs	6:00 - 10:00 p.m.	(BC 59472)
<b>WCAC:</b> Session II	April 2 — May 2	Tues/Thurs	6:00-9:30 p.m.	(BC )
<b>SCAC:</b> Session I	April 15 — April 25	Mon/Tues/Wed/Thurs	6:00-9:30 p.m.	(BC )

*Replacement pocket resuscitation masks are included in the course fee for all Lifeguarding and C-PRO classes.*

### Lifeguarding Prerequisites

*To be eligible for the Lifeguarding course, the participant must be 15 years of age and must successfully complete the following prerequisites:*

- > Swim 300 yards continuously using the following strokes: Front crawl with rhythmic breathing and breaststroke*
- > Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder. (time limit: 1 minute, 40 seconds)*
- > Tread water for 2 minutes using only your legs—hands must be kept under armpit*

*For Registration Please call the facility where the course is being held*

*C.A.C.—(770) 528-8465*

*M.V.A.C.—(770) 509-4925*

*W.C.A.C.—(770) 222-6700*

*S.C.A.C.—(770) 739-3180*



# CENTRAL AQUATIC CENTER MOUNTAIN VIEW AQUATIC CENTER

## Summer League Coaching Classes

### 2013 American Red Cross Course Offerings

Coaches must have either (1) Lifeguarding OR  
(2) Sport Safety & Coaches Safety certifications  
to be alone on the deck with swim team.

#### Sport Safety First Aid & CPR Training (\$75.00)

*This course is designed for those seeking jobs as summer swim coaches. The class will teach the participant First Aid Skills, CPR/AED for Adults & Children, and how to respond to emergencies. The course will offer the following certifications: Sports Injury Prevention & First Aid & Adult/Child CPR/AED. Each certification is valid for 2 years). The following list contains the Sport Safety First Aid & CPR Training courses offered at Central Aquatic Center & Mountain View Aquatic Center:*

CAC: Session I	April 10 & 11	Wednesday/Thursday 6:00 -10:00 p.m.	(BC )
CAC: Session II	May 1 & 2	Wednesday/Thursday 6:00 - 10:00 p.m.	(BC)
CAC : Session III	May 22 & 23	Wednesday/Thursday 6:00 - 10:00 p.m.	(BC)
MVAC: Session I	May 6 & 8	Monday/Wednesday 6:00 -10:00 p.m.	(BC 59470)

**The CPR portion of this class can be taken as a stand alone if needed. The First Aid portion cannot.**

#### Safety Training for Swim Coaches (\$75.00)

*This course is designed for those seeking jobs as summer swim coaches. This course will provide training in aquatic safety, including information on rescue skills. The certification is valid for three (3) years from the date of completion and must be taken in conjunction with Sport Safety Training in order for the participant to be certified as a summer swim coach. **There are online requirements for this course so please call the facility that you are interested in taking the course at for more information.** The following list contains the Safety Training for Swim Coaches courses offered at Central Aquatic Center & Mountain View Aquatic Center:*

CAC: Session I	May 11	Saturday 12:00 p.m. - 2:00 p.m.	(BC )
MVAC: Session I	May 11	Saturday 9:00 a.m. - 11:00 a.m.	(BC 59469)

**Alternate dates for this particular class can be made at the Central Aquatics location only. Please call for more information.**

**For Recertification questions please call the facility.**

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*For Registration Please call the facility where the course is being held.*

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*M.V.A.C.—(770) 509-4925*